

Heart Disease and Stroke Prevention Program

Facts on Heart Disease and Stroke in Washington State:

- Heart disease is **THE leading cause of death** in women and men in Washington State.
- On average, 30 people die each day as a result of diseases of the heart.
- Stroke is the third leading cause of death in Washington State.
- Approximately 10 Washingtonians die each day from stroke.
- Washington State has the ninth highest death rate for stroke in the country.
- The number of women who died from stroke (2,298) greatly exceeded the number of men who died from stroke (1,459) in 2002.

For more information about the Heart Disease and Stroke Prevention Program, please contact:

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Define the heart disease and stroke burden and assess existing population-based strategies for primary and secondary prevention of heart disease and stroke within Washington State.

- Identify the statewide and county-specific burden
- Conduct an inventory of existing policy and environmental strategies to promote cardiovascular health

Facilitate collaboration among public and private sector partners, such as managed care organizations, health insurers, Federally Qualified Health Centers, businesses, unions, school systems, priority population organizations, and emergency response agencies.

- Convene a Cardiovascular Health Advisory Group

Develop and update a comprehensive State Plan for heart disease and stroke prevention with emphasis on developing heart-healthy policies, changing physical and social environments, and eliminating disparities such as geography, gender, race or ethnicity, or income.

- Identify and prioritize measurable goals, objectives, and strategies for addressing the statewide cardiovascular disease burden

Improve outcomes through the Washington State Collaborative 4, where primary care practices participate in a systematic approach to healthcare quality improvement. This evidence-based Collaborative provides the mechanism for changing the healthcare delivery system, allowing up to 30 practice teams to focus on cardiovascular disease, testing and measuring practice innovations that improve outcomes.

Increase awareness of the urgency to address cardiovascular disease, the signs and symptoms of heart attack and stroke, and the importance of calling 9-1-1.

Heart Attack Warning Signs

Chest discomfort
Discomfort in other areas
Shortness of breath
Cold sweat
Nausea/Lightheadedness

Stroke Warning Signs

Numbness/weakness in face, arm, or leg
Sudden confusion or trouble speaking
Sudden trouble seeing
Sudden trouble walking/dizziness
Sudden, severe headache

If these symptoms begin to occur, don't wait: Call 9-1-1

Mission Statement: To promote nutrition, physical activity and optimal care to prevent or treat obesity, diabetes and cardiovascular disease in Washington State.